



# Mexican Pickled Vegetables

*Served as an appetizer or a healthy snack, you'll love these spicy vegetables!*

**Makes 8 servings.** 1 cup per serving. | **Prep time:** 15 minutes | **Cook time:** about 20 minutes

**Chill time:** best if chilled for at least 1 hour

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>1 pound red potatoes (about 4 medium potatoes), cut into cubes</li><li>3 medium carrots, peeled and sliced</li><li>2 jalapeño peppers, stemmed and cut into thick slices</li><li>2 cloves garlic, thinly sliced</li><li>2 bay leaves</li><li>1 bell pepper, cut into strips</li><li>½ medium onion, cut into strips</li><li>1 cup cider vinegar</li><li>1 teaspoon dried oregano</li><li>½ teaspoon salt</li><li>½ teaspoon sugar</li></ul> | <ul style="list-style-type: none"><li>1. Place potatoes in a saucepan with ¼-inch of water (or place in a steamer basket). Bring water to a boil; cover and steam for 5 minutes.</li><li>2. Add carrots; cover and steam for 5 minutes more or until potatoes are tender. Remove from heat and run under cold water to quickly cool vegetables.</li><li>3. Place in a large bowl/jar or resealable bag with all remaining ingredients. Cover and refrigerate for at least 1 hour or overnight, stirring occasionally.</li><li>4. Serve chilled.</li></ul> |
|---|---|



**Nutrition  
information  
per serving:**

Calories

**60**

Carbohydrate

**15 g**

Dietary Fiber

**3 g**

Protein

**1 g**

Total Fat

**0 g**

Saturated Fat

**0 g**

Trans Fat

**0 g**

Cholesterol

**0 mg**

Sodium

**170 mg**

